CHOCOLATE:

1107

OR,

An *Indian* Drinke.

By the wise and Moderate use whereof, Health is preserved, Sickness Diverted, and Cured, especially the Plague of the Guts; vulgarly called *The New Disease*; Fluxes, Consumptions, & Coughs of the Lungs, with sundry other desperate Diseases. By it also, Conception is Caused, the Birth Hastened and facilitated, Beauty Gain'd and continued.

Written Originally in *Spanish*, by *Antonio Colmenero* of *Ledesma*, Doctor in Physicke, and faithfully rendred in the *English*,

By Capt. JAMES WADSWORTH.

LONDON,

Printed by *J. G.* for *Iohn Dakins*, dwelling neare the *Vine Taverne* in *Holborne*, where this Tract, together with the *Chocolate* it selfe, may be had at reasonable rates. 165

July 19

MVSEVM
BRITAN
NICVM

TO THE GENTRY OF The ENGLISH Nation.

Sirs,

THe ensuing Tract, I, many yeares since Translated out of the Originall Spanish, and Dedicated to the Right Honorable Edward Lord Conway, &c. by whose Noble Patronage, the Confection whereof it Treats, together with it selfe, were first admitted into the English Court, where they received the Approbation of the most Noble and Iuditious those dayes afforded. Since which time, it hath beene universally sought for, and thirsted after by people of all Degrees (especially those of the Female sex) either for the Pleasure therein Naturally Residing, to Cure, and divert Diseases; Or else to supply some

Defects of Nature, wherein it Chalenges a speciall Prerogative above all other Medicines whatsoever.

The Author thereof was one Antonio Colmenero *of* Ledesma, *who sometimes lived in the* West-Indies, *where it is very much used, and held in great esteeme, untill this day; as also in* Spaine, Italy, *and* Flanders, *and admired by the most learned Doctors of all those Nations.*

As for the Name [Chocolate] *it is an* Indian *word, compounded of* Atle *(as some say,) or (as others)* Atle, *which in the* Mexican Language, *signifieth* Water; *And* Choco, *the noise that the Water (wherein the* Chocolate *is put) maketh, when it is stirred in a Cup, untill it Bubble and rise unto a Froth: And may be called in* English *A Compounded, or Confectioned drinke.*

The Confection it selfe, consists of severall Ingredients according to the different Constitutions of those that use it: the Principall of which is called Cacao, [*a kind of Nut, or kernell, bigger then a great Almond, which growes upon a Tree called the*

Tree

Tree of Cacao *containing in it the Quality of the Foure Elements, as will appeare in the following Diſcourſe.*

The vertues thereof are no leſſe various, then Admirable. For, beſides that it preſerves Health, and makes ſuch as drink it often, Fat, and Corpulent, faire and Amiable, it vehemently Incites to Venus, *and cauſeth Conception in women, haſtens and facilitates their Delivery: It is an excellent help to Digeſtion, it cures Conſumptions, and the Cough of the Lungs, the New Diſeaſe, or Plague of the Guts, and other Fluxes, the Green Sickneſſe, Faundiſe, and all manner of Inflamations, Opilations, and Obſtructions. It quite takes away the Morphew, Cleanſeth the Teeth, and ſweetneth the Breath, Provokes Urine, Cures the Stone, and ſtrangury, Expells Poiſon, and preſerves from all infectious Diſeaſes.*

But I ſhall not aſſume to enumerate all the vertues of this Confection: for that were Impoſſible, every day producing New and Admirable effects in ſuch as drinke it: I ſhall rather referre to the Teſtimony of

those Noble Perſonages who are known conſtantly to uſe and receive conſtant and manifold benefits by it, having hereby no other Aime then the Generall good of this Common-wealth (whereof I am a Faithfull Member) and to be eſteemed (as really I am)

Gentlemen,

Weſtminſter
Decemb. 20.
1651.

Your Affectionate Friend
to love and ſerve you,

Don Diego de Vadesforte.

THE TRANSLATOR,
To every Individuall Man,
and Woman, Learn'd, or unlearn'd,
Honeſt, or Diſhoneſt: In the
due Praiſe of Divine
CHOCOLATE.

DOctors *lay by your* Irkſome Books
And all ye Petty-Fogging Rookes
Leave Quacking; *and* Enucleate
The vertues *of our* Chocolate.

Let th' Univerſall Medicine
(*Made up of Dead-mens* Bones *and* Skin,)
Be henceforth Illegitimate,
And yeild to Soveraigne-Chocolate.

Let Bawdy-Baths *be us'd no more*;
Nor Smoaky-Stoves *but by the* whore
Of Babilon: *ſince* Happy-Fate
Hath Bleſſed *us with* Chocolate.

Let

Let old Punctæus *Greaze his* ſhooes
With his Mock-Balſome: *and Abuſe*
No more the World: But Meditate
The Excellence *of* Chocolate.

Let Doctor Trigg (*who ſo Excells*)
No longer Trudge to Weſtwood-Wells:
For though that water Expurgate,
'Tis but the Dreggs *of* Chocolate.

Let all the Paracelſian *Crew*
Who can Extract Chriſtian *from* Jew;
Or out of Monarchy, *A* State,
Breake all their Stills *for* Chocolate.

Tell us no more of Weapon-Salve,
But rather Doome us to a Grave:
For ſure our wounds will Ulcerate,
Unleſſe they're waſh'd *with* Chocolate.

The Thriving-Saint, *who will not come*
Within a Sack-Shop's *Bowzing-Roome*
(*His* Spirit *to* Exhilerate)
Drinkes Bowles (*at home*) *of* Chocolate.

His

His Spouſe *when ſhe* (Brimfull *of* Senſe)
Doth want her due Benevolence,
And Babes *of* Grace *would* Propagate,
Is alwayes Sipping Chocolate.

The Roaring-Crew *of* Gallant-Ones
Whoſe Marrow *Rotts within their* Bones:
Their Bodyes *quickly* Regulate,
If once but Sous'd *in* Chocolate.

Young Heires *that have more* Land *then*
When once they doe but Taſt *of it*, (Wit,
Will rather ſpend their whole Eſtate,
Then weaned *be from* Chonolate.

The Nut-Browne-Laſſes *of the Land*
Whom Nature *vayl'd in* Face *and* Hand,
Are quickly Beauties *of* High-Rate,
By one ſmall Draught *of* Chocolate.

Beſides, it ſaves the Moneys *loſt*
Each day in Patches, *which did coſt*
Them deare, untill of Late
They found this Heavenly Chocolate.

Nor

Nor need the Women *longer* grieve
Who ſpend *their* Oyle, *yet not* conceive,
For 'tis a Helpe-Immediate,
If ſuch but Lick *of* Chocolate.

Conſumptions *too* (*be well aſſur'd*)
Are no leſſe ſoone *then* ſoundly *cur'd*:
(*Excepting ſuch as doe Relate*
Unto the Purſe) *by* Chocolate.

Nay more: *It's* vertue *is ſo much*,
That if a Lady *get a* Touch,
Her griefe it will Extenuate,
If ſhe but ſmell *of* Chocolate.

The Feeble-Man, *whom* Nature *Tyes*
To doe his Miſtreſſe's Drudgeries;
O how it will his minde Elate,
If ſhee *allow him* Chocolate!

'Twill make Old women Young *and* Freſh;
Create New-Motions *of the* Fleſh,
And cauſe them long for you know what,
If they but Taſt *of* Chocolate.

There's

There's ne're a Common-Counſell-Man,
Whoſe Life *would Reach unto a* Span,
Should he not Well-Affect *the* State,
And Firſt *and* Laſt *Drinke* Chocolate.

Nor e're a Citizen's *Chaſt wife,*
That ever ſhall prolong her Life,
(*Whilſt* open *ſtands* Her Poſterne-Gate)
Unleſſe ſhe drinke *of* Chocolate.

Nor doſt the Levite *any Harme,*
It keepeth his Devotion *warme,*
And eke the Hayre *upon his* Pate,
So long as he drinkes Chocolate.

Both High *and* Low, *both* Rich *and* Poore
My Lord, *my* Lady, *and his* ——
With all the Folkes *at* Billingſgate,
Bow, Bow *your* Hamms *to* Chocolate.

Don Diego de Vadesforte.

To the Author,

GReat Don, Grandee of *Spaine*, Illoſtriſſimo of *Venice*, High and mighty King of *Candie*, Great Baſhaw of *Babilon*, Prince of the Moone, Lord of the Seven Starres, Governour of the Caſtle of *Comfort*, Sole Admirall of the Floating *Caravan*, Author of Th' *Europian* Mercury, Chiefe Generall and Admirall of the Inviſible Fleet and Army of *Terra Incognita*,

Cap. JAMES WADSWORTH.

BRITISH MUSEUM

The Allowance of Melchor de Lara, *Physitian Generall for the Kingdome of* Spaine.

I Doctor *Melchor de Lara* Physitian Generall for the Kingdome of *Spaine*, at the command of *Don Iohn de Velasco*, and *Asebedo*, Vicar Generall of *Madrid*, have seene this Treatise of *Chocolate*, composed by *Antonio Colmenero* of *Ledesma*; which is very learned, and curious, and therefore it ought to be Licensed for the Presse; it containing nothing contrary to good manners; and cannot but be very pleasing to those, who are affected to *Chocolate*. In testimony whereof, I have subscribed my Name, in *Madrid* the 23. day of *August*. 1631.

Melchor de Lara.

THE

The Testimoniall of *John de Mena*, Doctor and Physitian to the King of *Spaine*.

I John de Mena, *Physitian to his Majesty, and one of the Counsell Generall of the Inquisition, have seene this Treatise of* Chocolate *(composed by Doctor* Antonio Colmenero *of* Ledesma) *by command of the* Supreame Royall Court of Justice: *which containeth nothing contrary to good Manners, and the Subject is very learnedly handled, and with great Iudgement; and no doubt, but it will give much pleasure and content to all those, who are affected to* Chocolate; *and therefore may be printed: And in confirmation of this truth, I have hereto subscribed my Name the* 17. *of* Septemb. 1631.

BRITISH MUSEUM

John de Mena *Doctor in Physicke.*

To the Reader.

THE number is so great of those, who, in these times, drinke *Chocolate*, that not only in the *Indies*, where this kind of Drink hath its originall; but it is alsomuch used in *Spain*, *Italy* and *Flanders*, and particularly at the Cour. And many doe speake diversly of it, according to the benefit, or hurt, they receive from it: Some saying, that it is stopping: Others, and those the greater part, that it makes one fat: Others, that the use of it strengthens the stomacke: Others, that it heates, and burns them: And others say, that although they take it every houre, and in the Dogdayes, yet they finde themselves well with it. And therefore my desire is, to take this paines, for the pleasure, and profit of the publicke; endeavouring to accommodate

it to the content of all, according to the variety of thoſe things, wherewith it may be mixt; that ſo every man may make choiſe of that, which ſhal be moſt agreeable to his diſpoſition. I have not ſeene any, who hath written any thing, concerning this drinke; but onely a Phyſitian of *Marchena*, who (as it ſeemes) writ onely by Relation; holding an opinion, that the *Chocolate* is ſtopping, becauſe that *Cacao* (the principall Ingredient of which it is made) is cold, and dry. But becauſe this onely reaſon, may not have power to keepe ſome from the uſe of it, who are troubled with Opilations; I thinke fit to defend this *Confection*, with Philoſophicall Reaſons, againſt any whoſoever will condemne this Drinke, which is ſo wholeſome, and ſo good, knowing how to make the Paſte in that manner, that it may be agreeable to divers diſpoſitions, in the moderate drinking of it. And ſo, with all poſſible brevity, ſhall diſtinguiſh and divide this Treatiſe into foure poynts, or Heads. In the firſt place I ſhall declare, what *Chocolate* is; and what are

the

the Qualities of *Cacao*, and the other Ingredients of this *Confection*; where I ſhall treate of the Receipt ſet downe by the aforeſaid Author of *Marchena*, and declare my opinion concerning the ſame. The ſecond point ſhall treate of the Quality, which reſulteth out of the mixture of theſe Simples, which are put into it. In the third place the manner of Compounding; and how many wayes they uſe to drinke it in the *Indies*. In the fourth, and laſt place I ſhall treat of the Quantity; and how it ought to be taken; at what time; and by what perſons.

The first Point.

CONcerning the first Point, I say, that *Chocolate* is a name of the *Indians*; which in our vulgar *Castilian*, we may call a certaine *Confection*, in which (among other Ingredients) the principall *Basis*, and Foundation, is the *Cacao*; of whose Nature and Quality it is necessary first to treat: And therefore I say, according to the common re-received opinion, that it is cold, and dry, *à prædominio*; that is to say, that though it be true, that every Simple containes in it the Qualities of the foure Elements, in the action, and re-action, which it hath in it, yet there results another distinct Quality, which we call Complexion.

This Quality or Complexion, which ariseth of this Mixture, is not alwayes one, and the same; neither hath it the effect in all the mixtures, but they may be varied nine wayes; four *Simple*, from whence

whence one onely quality doth abound; and foure *Compounded*, from whence two Symbolizing qualities are predominant; and one other, which we call *ad pondus*, which is of all theſe fore-ſaid qualities, which are in *æquilibrio*, that is to ſay, in equall meaſure and degree.

Of all theſe the Complexion of *Cacao* is compoſed, ſince there ariſe two qualities, which are cold, and dry; and in the ſubſtance, that rules them, hath it *reſtringent* and *obſtructive*, of the nature of the Element of the *Earth*. And then, as it is a Mixed, and not a ſimple Element, it muſt needs have parts correſpondent to the reſt of the Elements; and particularly, it partakees (and that, not a little) of thoſe, which correſpond with the Element of Aire, that is, Heat and Moyſture, which are governed by the Unctious parts; there being drawne out of the *Cacao* much Butter, which, in the *Indies* I have ſeene drawne out of it, for the Face, by the *Criollas*.

It may Philoſophically be objected, in

this manner: *Two contrary Qualities, and Disagreeing, cannot be* in gradu intenso, *in one and the same Subject:* Cacao *is cold and drie, in predominency: Therefore, it cannot have the qualities contrary to those, which are Heat, and Moysture. The first Proposition is most certaine, and grounded upon good Philosophy: The second is consented unto, by all: The third, which is the Conclusion, is regular.*

It cannot be denyed, but that the *Argument* is very strong, and these reasons being considered by him of *Marchena*, have made him affirme, that *Chocolate* is Obstructive; it seeming to be contrary to Philosophy, that in it there should be found *Heat* and *Moysture*, *in gradu intenso*; and to be so likewise in *Cold* and *Dry*.

To this, there are two things to be answered: One, that he never saw the experience of drawing out the Butter, which I have done; and that when the *Chocolate* is made without adding any thing to the dryed Powder, which is incorporated, onely by beating it well together, and is united, and made into a Paste

Paſte, which is a ſigne, that there is a moiſt, and glutinous part, which, of neceſſity, muſt correſpond with the Element of Aire.

The other reaſon, we will draw from Philoſophy; affirming that, in the *Cacao*, there are different ſubſtances. In the one, that is to ſay, in that, which is not ſo fat, it hath a greater quantity of the Oylie, then of the earthie Subſtance; and in the fatter parts, it hath more of the earthy than of the Oily ſubſtance. In theſe there is Heate and Moyſture in predominancy; and in the other, cold and dry.

Notwithſtanding that it is hard to be believed, that in one and the ſame ſubſtance, and ſo little of the *Cacao*, it can have ſubſtances ſo different: To the end that it may appeare more eaſie, clear, and evident, firſt we ſee it in the *Rubarbe*, which hath in it hot and ſoluble parts, and parts which are Binding, Cold and Dry, which have a vertue to ſtrengthen, binde, and ſtop the looſeneſſe of the Belly: I ſay alſo, that he that ſees and con-

siders the steele, so much of the nature of the earth, as being heavy, thick, cold, and dry; it seemes to be thought unproper for the curing of Opilations, but rather to be apt to encrease them; and yet it is given for a proper remedy against them.

This difficulty is cleared thus, that though it be true, that it hath much of the Earthy part; yet it hath also parts of Sulphur, and of Quick silver, which doe open, and disopilate; neither doth it so, unrill it be helped by Art, as it is ground, stirred, and made fine, in the preparing of it; the Sulphurous parts, and those of Quick-silver, being thinne, active, and penetrative, they mingle, at the last with those parts, which are Earthy and astringent: Insomuch, that they being mingled after this manner one with another, we cannot now say, that the steele is astringent, but rather, that it is penetrative, attenuating and opening. Let us prove this Doctrine by Authorities; and let the first be from *Galen*, *l.* 3. of the qualities of Simples, *c.* 14. Where,

first

firſt of all he teacheth, that almoſt all thoſe Medicines, which, to our ſence, ſeeme to be *Simple*, are notwithſtanding naturally *Compounded*, containing in themſelves contrary qualities; and that is to ſay, a quality to expell, and to retaine; to incraſſate, and attenuate; to rarifie, and to condenſe. Neither are we to wonder at it, it being underſtood, that in every fore-ſaid Medicine, there is a quality to heat, and to coole; to moiſten and to dry. And whatſoever Medicine it be, it hath in it, thick, and thinne parts; rare, and denſe; ſoft, and hard. And in the fifteenth Chapter following, in the ſame Book, he puts an example of the Broth of a Cock, which moves the Belly; and the fleſh hath the vertue to bind. He puts alſo the example of the *Aloes*, which if it be waſht, looſeth the Purgative vertue; or that which it hath, is but weake.

That this differing vertue, and faculty, is found in divers ſubſtances, or parts of ſimple Medicaments, *Gallen* ſhewes in the firſt Booke of his ſimple Medicines, and the ſeventeenth Chapter, bringing

bringing the example of Milke, in which, three ſubſtances are found, and ſeparated, that is to ſay, the ſubſtance of Cheeſe, which hath the vertue to ſtop the Fluxe of the Belly; and the ſubſtance of Whay, which is purging; and Butter, as it is expreſſed in the ſaid *Gallen, Cap.* 15. Alſo we finde in Wine which is in the Muſt, three ſubſtances, that is to ſay, earth, which is the chiefe; and a thinner ſubſtance, which is the flower, and may be called the ſcum, or froath: and a third ſubſtance which we properly call Wine; And every one of theſe ſubſtances, containes in it ſelfe divers qualities, and vertues; in the colour, in the ſmell, and in other Accidents.

Ariſtotle in the fourth Book of the Meteors and the firſt Chaprer, treating of Putrefaction, he found the ſame ſubſtances; and in the ſecond Chapter next following, where he that is curious may read it. And alſo by the Doctrine of *Galen*, and of *Ariſtotle*, divers ſubſtances are attributed to every of the mixt under one and the ſame forme and quantity;

which

which is very conformable to reaſon, if we conſider, that every Aliment be it never ſo ſimple, begets, and produceth in the liver, foure humours, not onely differing in temper, but alſo in ſubſtance; and begets more or leſſe of that humour, according as that Aliment hath more or fewer parts correſponding to the ſubſtance of that humour, which is moſt ingendred. And ſo in cold diſeaſes, we give warme nouriſhment; and cold nouriſhment, in hot diſeaſes.

From which evident examples, and many others, which we might produce to this purpoſe, we may gather, that, when we grind, and ſtir the *Cacao*, the divers parts, which Nature hath given it, doe artificially, and intimately mixe themſelves one with another; and ſo the unctuous, warme, and moiſt parts, mingled with the earthy (as we have ſaid of the ſteele) repreſſes, and leaves them not ſo binding, as they were before; but rather with a mediocritie, more inclining to the warme, and moiſt temper of the Aire, then to the cold and dry of the Earth

Earth, as it doth appeare when it is made fit to drinke; that you scarce give it two turnes with the Molinet when there riseth a farry scumme: by which you may see how much it partaketh of the Oylie part.

From which doctrine I gather, that the Author of *Marchena*, was in an errour, who, writing of *Chocolate*, saith that it causeth Opilations, because *Cacao* is astringent; as if that astriction were not corrected, by the intimate mixing of one part with another, by meanes of the grinding, as is said before. Besides, it having so many ingredients, which are naturally hot, it must of necessity have this effect; that is to say, to open, attenuate, and not to binde; and, indeed, there is no cause of bringing more examples, or producing more reasons, for this truth, then that which we see in the *Cacao* it self: which, if it be not stirred, and compounded, as aforesaid, to make the *Chocolate*. But eating of it, as it is in the fruite, as the *Criollas* eate it in the *Indies*, it doth notably obstruct, and cause stoppings; for

no

no other cauſe but this, that the divers ſubſtances which it containes, are not perfectly mingled by the maſtication onely, but require the artificiall mixture, which we have ſpoken of before.

Beſides, our Adverſary ſhould have conſidered, and called to his memory, the firſt rudiments of Philoſophy, that *à dicto ſecundum quid, ad dictum ſimpliciter, non valet conſequentia*; As it is not enough to ſay, the Black-a-Moore is white, becauſe his teeth are white; for he may be blacke, though he hath white teeth; and ſo it is not enough to ſay, that the *Cacao* is ſtopping; and therefore the Confection, which is made of it, is alſo ſtopping.

The Tree, which beares this fruit, is ſo delicate; and the earth, where it growes, is ſo extreme hot, that to keepe the tree from being conſumed by the Sun, they firſt plant other trees; and when they are growne up to a good height, then they plant the *Cacao* trees; that when it firſt ſhewes it ſelfe above the ground, thoſe trees which are already growne,

may

may ſhelter it from the Sunne; and the fruit doth not grow naked, but ten or twelve of them are in one Gorde or Cod, which is of the bigneſſe of a greate black Figge, or bigger, and of the ſame forme, and colour.

There are two ſorts of *Cacao*; the one is common, which is of a gray colour, inclining towards red; the other is broader and bigger, which they call *Patlaxte*, and this is white, and more drying; whereby it cauſeth watchfulneſſe, and drives away ſleepe, and therefore it is not ſo uſefull, as the ordinary. This ſhall ſuffice to be ſaid of the *Cacao*.

And as for the reſt of the ingredients, which make our *Chocolaticall* Confection, there is notable variety; becauſe ſome doe put into it black Pepper, and also *Tauaſco*; which is not proper, becauſe it is ſo hot and dry; but onely for one, who hath a very cold Liver. And of this opinion, was a certaine Doctor of the Univerſity of *Mexico*, of whom a Religious man of good credit told me, that he finding the ordinary

A red roote like madder.

ordinary round Pepper was not fit to bring his purpose about, and to the end, he might discover, whether the long red pepper were more proper, he made triall upon the liver of a Sheepe; and putting the ordinary pepper on one side, and the red pepper on the other, after 24 houres, the part, where the ordinary pepper lay, was dryed up; and the other part continued moist, as if nothing had bin thrown upon it. Chile.

The Receipt of him who wrote at *Marchena*, is this: Of *Cacaos*, 700; of white Sugar, one pound and a halfe; Cinnamon, 2. ounces; of long red pepper, 14. of Cloves, halfe an ounce: Three Cods of the Logwood or Campeche tree; or in steade of that, the weight of 2. Reals, or a shilling of Anniseeds; as much of *Agiote*, as will give it the colour, which is about the quantity of a Hasell-nut. Some put in Almons, kernells of Nuts, and Orenge-flower-water.

Concerning this Receipt I shall first say, This shooe will not fit every foote; but for those, who have diseases, or are incli-

inclining to be infirme, you may either adde, or take away, according to the neceſſity, and temperature of every one: and I hold it not amiſſe, that Sugar be put into it, when it is drunke, ſo that it be according to the quantity I ſhall hereafter ſet downe. And ſometimes they make Tablets of the Sugar, and the *Chocolate* together; which they doe onely to pleaſe the Pallats, as the Dames of *Mexico* doe uſe it; and they are there ſold in ſhops, and are confected and eaten like other ſweet-meats. For the Cloves, which are put into this drinke, by the Author aforeſaid, the beſt Writers of this Compoſition uſe them not; peradventure upon this reaſon: that although they take away the ill ſavour of the mouth, they binde; as a learned Writer hath expreſt in theſe verſes:

Fœtorem emendat oris Cariophilla fœdum;
Conſtringunt ventrem, primaq; membra juvant.

Cloves doe perfume a ſtincking Breath, and Bind
The Belly: Hence the prime members comfort find.

And

And becauſe they are binding (and hot and dry in the third degree) they muſt not be uſed, though they helpe the chiefe parts of Concoction, which are the Stomacke and the Liver, as appeares by the Verſes before recited.

The Huskes or Cods of Logwood, or Campeche, are very good, and ſmell like Fennell; and every one puts in of theſe, becauſe they are not very hot; though it it excuſe not the putting in of Anniſſeed, as ſayes the Author of this Receipt; for there is no *Chocolate* without it, becauſe it is good for many cold diſeaſes, being hot in the third degree; and to temper the coldneſſe of the *Cacao*; and that it may appeare, it helpes the indiſpoſition of Cold parts, I will cite the Verſes of one curious in this Art:

Morboſus renes, veſicam, guttura, vulnam,
Inteſtina, jecur, cumq; lyene caput
Conforat, variiſque Actiſum ſubdita morbis
Membra: iſtud tantum vim leve ſemen habet.

The Reyns, the Bladder, throat, & thing between—
Entrailes, and Liver, with the Head, and ſpleen
*And other Parts, by * it are comforted:* * Anniſ.
So great a vertue's in that little ſeed.

The quantity of a Nut of the *Achiote* is too little to colour the quantity made according to his Receipt; and therefore, he that makes it, may put in it, as much as he thinkes fit.

Those, who adde Almons, and Nuts, doe not ill; because they give it more body and substance then *Maiz*, or *Panisco*, which others use; and for my part, I should alwayes put it into *Chocolate*, for Almonds (besides what I have said of them before) are moderately hot, and have a thinne juice; but you must not use new Almons, as a learned Author sayes in these Verses.

Dat modice calidum dulciſq; Amigdala ſuccum,
Et tenuem; inducunt plurima damna nova.

New Almonds yeild a Hot and ſlender juice,
But bring new miſchiefs by too often uſe.

And the small Nuts are not ill for our purpose; for they have almost the temper, which the Almons have; onely because they are dryer, they come nearer the temper of Choler; and doe there-

fore strengthen the Belly, and the Stomacke, being dryed: for so they must be used for the Confection; and they preserve the head from those vapours, which rise from the Belly: as it appeares by the said Author in these Verses.

Bilis Avellanam sequitur; sed roborat alvum
Ventris, & a fumis liberat assa caput.

Filberds breed Chollar, Th' Belly Fortifie,
Benzoin the Head frees from Fumosity.

And therefore they are proper for such as are troubled with ventuosities, and *Hypochondriacall* vapours, which offend the brain, and there cause such troublesome dreames, and sad imaginations.

Those who mixe *Maiz*, or *Paniso* in the *Chocolate* doe very ill; because those graines doe beget a very melancholly humour: as the same Author expresseth in these Verses.

Crassa melancholicum præstant tibi Panica succum
Siccant, si ponas membra, gelantque focis.

Grosse Eares of Corne have Cholorique juice (no doubt)
Which dries, if taken inward; cooles without.

It is also apparantly windy; and those which mixe it in this *Confection*, doe it onely for their profit, by encreasing the quantity of the *Chocolate*; because every *Fanega*, or measure of *Grani* containing about a Bushell and a halfe, is sold for eight shillings, and they sell this *Confection* for foure shillings a pound, which is the ordinary price of the *Chocolate*.

laiz, r In- ian Wheat

The *Cinamon* is hot and dry in the third degree; it provokes Urine, and helps the Kidneys and Reynes of those who are troubled with cold diseases; and it is good for the eyes; and in effect, it is cordiall; as appeares by the Author of these Verses.

Commoda & urinæ Cinnamomum & renibus affert:
Lumina clarificat, dira venena fugat.

Cinnamon helps the Reines and Urine well,
It cleares the Eyes, and Poison doth expell.

The *Achiote* hath a piercing attenuating quality, as appeareth by the commõ practice of the Physitians in the *Indies*, experienced daily in the effects of it, who

doe

doe give it to their Patients, to cut, and attenuate the groſſe humours, which doe cauſe ſhortneſſe of breath, and ſtopping of urine; and ſo it may be uſed for any kind of Opilations; for we give it for the ſtoppings, which are in the breaſt, or in the Region of the belly, or any other part of the Body.

And concerning the long red Peper, there are foure ſorts of it. One is called *Chilchotes*: the other very little, which they call *Chilterpin*; and theſe two kinds, are very quicke and biting. The other two are called *Tonalchiles*, and theſe are moderately hot; for they are eaten with bread, as they eate other fruits, & they are of a yellow colour; and they grow onely about the Townes, which are in, and adjoyning to the Lake of *Mexico*. The other Pepper is called *Chilpaclagua*, which hath a broad huske, and this is not ſo biting as the firſt; nor ſo gentle as the laſt, and is that, which is uſually put into the *Chocolate*.

There are alſo other ingredients, which are uſed in this *Confection*. One called

Mechasuchil, and another which they call *Vinecaxtli*, which in the *Spanish* they call *Orejuelas*, which are sweet smelling Flowers, Aromaticall and hot. And the *Mechasuchil* hath a Purgative quality; for in the *Indies* they make a purging portion of it. Instead of this, in *Spaine* they put into the *Confection*, powder of *Alexandria*, for opening the Belly.

I have spoken of all these Ingredients, that every one may make choise of those which please him best, or are most proper for infirmities.

The

The second Point.

AS concerning the second point, I say, as I have said before, that though it be true, that the *Cacao* is mingled with all these Ingredients, which are hot; yet there is to be a greater quantity of *Cacao*, then of all the rest of the Ingredients, which serve to temper the coldnesse of the *Cacao*: Just as when we seek, of two Medicines of contrary qualities, to compound one, which shall be of a moderate temper: In the same manner doth result the same action and re-action of the cold parts of the *Cocao*, and of the hot parts of the other ingredients, which makes the *Chocolate* of so moderate a quality, that it differs very little from a mediocrity; and when there is not put in any ordinary pepper, or Cloves, but onely a little Anniseed (as I shall shew hereafter) we may boldly say, that it is very temperate.

And this may be proved by reason, and experience: (supposing that which *Gallen* sayes, to be true, that every mixt Medicine, warmeth the cold, and cooleth the hot; bringing the example of Oyle of *Roses*.) By experience, I say, that in the *Indies* (as is the custom of that countrey) I comming in a heat to visite a sick person, and asking water to refresh me, they perswaded mee to take a Draught of *Chocolate*; which quencht my thirst: & in the morning (if I took it fasting) it did warme and comfort my stomack. Now let us prove it by reason. Wee have already proved, that all the parts of the *Cacao* are not cold. For we have made it appeare that the unctuous parts, which are many, be all hot, or temperate: then, though it be true, that the quantity of the *Cacao* is greater than of all the rest of the ingredients, yet the cold parts are at the most, not halfe so many as the hot; and if for all this they should be more, yet by stirring, & mangling of the warme unctuous parts, they are much qualified. And, on the other side, it being mixt with

with the other Ingredients, which are hot in the second and third degree, being the predominant quality, it must needs be brought to a mediocrity. Like as two men, who shake hands, the one being hot, and the other cold, the one hand borrows heat, and the other is made colder; and in conclusion, neither hand retaines the cold, or heat it had before, but both of them remain more temperate. So likewise two men, who go to wrestle, at the first they are in their full vigour and strength; but after they have strugled a while, their force lessens by degrees, till at last they are both much weaker, than when they began to wrestle. And *Aristotle* was also of this opinion in his fourth Booke of the Nature of Beasts, *cap.* 3. Where he sayes, that every Agent suffers with the patient; as that which cuts, is made dul by the thing it cuts; that which warmes, cooles it selfe; and that which thrusts, or forceth forward, is in some sort driven bake it selfe.

From whence I gather, that it is better to use *Chocolate*, after it hath beene made

made some time, a Moneth at the least. I believe this time to be necessary, for breaking the contrary qualities of the severall Ingredients, and to bring the Drinke to a moderate temper. For, as it alwayes falls out at the first, that every contrary will have its predominancy, and will worke his owne effects, Nature not liking well to be heated and cooled, at the same time. And this is the cause why *Gallen* in his twelfth Booke of *Method*, doth advise not to use *Philonium*, till after a yeare, or, at the least, six moneths; because it is a composition made of *Opium* (which is cold in the fourth degree) and of Pepper, and other Ingredients, which are hot in the third degree. This Theorum, and Doctrine, is made good by the practise, which some have made, of whom I have asked, what *Chocolate* did best agree with them? and they have affirmed, that the best is that which hath beene made some moneths: and that the new doth hurt by loosening the Stomack; And, in my opinion, the reason of it is, that the unctuous or fat parts,

are

are not altogether corrected, by the earthy parts of the *Cacao*. And this I shall thus prove; for, as I shall declare hereafter, if you make the *Chocolate* boyle, when you drinke it, the boyling of it divides the fat and oyly part; and that makes a relaxation in the Stomacke in the old *Chocolate*, as well as if it were new.

So that I conclude in this second point, that the *Chocolaticall Confection* is not so cold as the *Cacao*, nor so hot as the rest of the Ingredients; but there results from the action and re-action of these Ingredients, a moderate temper which may be good, both for the cold and hot stomacks, being taken moderately, as shall be declared hereafter; and it having beene made a moneth at the least; as is already proved. And so I know not why any man having made experience of this *Confection* (which is composed, as it ought to be, for every particular) should speake ill of it. Besides, where it is so much used, the most, if not all, as well in the *Indies*, as in *Spain*, finde, it agreeth well with them. He of *Merchena* had no

ground

ground in saying, that it did cause Opilations. For, if it were so, the Liver being obstructed, it would extenuate its subject; and by experience, we see to the contrary, that it makes fat; the reason whereof I shall shew hereafter. And this shall suffice for the second Point.

The third Point.

HAving treated in the first poynt, of the definition of *Chocolate*, the quality of the *Cacao*, and of the other Ingredients; and in the second Point, of the Complexion, which results from the mixture of them; There remaines now in the third poynt, to shew the way how to mingle them: And first I will bring the best Receipt, and the most to the purpose, that I could find out; although it be true which I have said, that one Receipt cannot be given, which shall be proper for all; that is to be understood

derstood of those, who are sick; for those that are strong, and in health, this may serve: and for the other (as I have said in the conclusion of the first Poynt) every one may make choyse of the Ingredients, as they may be usefull, to this, or that part of his body.

The Receipt is this.

TO every 100. *Cacaos*, you must put two cods of the* long red Pepper, of which I have spoken before, and are called in the *Indian* Tongue, *Chilparlagua*; and in stead of those of the *Indies*, you may take those of *Spaine* which are broadest, & least hot. One handfull of Annis-seed *Orejuelas*, which are otherwise called *Vinacaxlidos*: and two of the flowers, called *Mechasuchil*, if the Belly be bound. But in stead of this, in *Spaine*, we put in six Roses of *Alexandria* beat to Powder: One Cod of *Campeche*, or Logwood: Two Drams of Cinamon; Almons, and Hasle-Nuts, of each one Dozen: Of white Sugar, halfe a pound: Of *Achiote* enough Chiles

enough to give it the colour. And if you cannot have those things, which come from the *Indies*, you may make it with the rest.

The way of Compounding.

THe *Cacao*, and the other Ingredients must be beaten in a Morter of Stone, or ground upon a broad stone, which the *Indians* call *Metate*, and is onely made for that use: But the first thing that is to be done, is to dry the Ingredients, all except the *Achiote*; with care that they may be beaten to powder, keeping them still in stirring, that they be not burnt, or become black; and if they be over-dried, they will be bitter, and lose their vertue. The Cinamon, and the long red Pepper are to be first beaten, with the Annis-seed; and then beate the *Cacao*, which you must beate by a little and little, till it be all powdred; and sometimes turne it round in the beating, that it may mixe the better: And every one of these Ingredients, must be beaten by it selfe; and

then

then put all the Ingredients into the Veſſell, where the *Cacao* is; which you muſt ſtirre together with a ſpoone; and then take out that Paſte, and put it into the Morter, under which you muſt lay a little fire, after the *Confection* is made. But you muſt be very carefull, not to put more fire, than will warme it, that the unctuous part doe not dry away. And you muſt alſo take care, to put in the *Achiote* in the beating; that it may the better take the colour. You muſt Searſe all the Ingredients, but onely the *Cacao*; and if you take the ſhell from the *Cacao*, it is the better; and when you ſhall find it to be well beaten, & incorporated (which you ſhall know by the ſhortneſs of it) then with a ſpoone take up ſome of the Paſte, which will be almoſt liquid; and ſo either make it into Tablets; or put it into Boxes; and when it is cold it will be hard. To make the Tablets, you muſt put a ſpoonfull of the Paſte upon a piece of paper, the *Indians* put it upon the leaf of a *Plantentree*; where, being put into the ſhade, it growes hard; and then bowing the paper,

the

the Tablet falls off, by reason of the fatnesse of the paste. But if you put it into any thing of earth, or wood, it sticks fast, and will not come off, but with scraping, or breaking. In the *Indies* they take it two severall waies: The one, being the common way, is to take it hot, with *Atolle*, which was the Drinke of Ancient *Indians* (the *Indians* call *Atolle* pappe, made of the flower of *Maiz*, and so they mingle it with the *Chocolate*, and that the *Atolle* may be more wholsome, they take off the Husks of the *Maiz*, which is windy, and melancholy; and so there remaines onely the best and most substantiall part.) Now, to returne to the matter, I say, that the other Moderne drinke, which the Spaniards use so much, is of two sorts. The one is, that the *Chocolate*, being dissolved with cold water, & the scumme taken off, and put into another Vessell, the remainder is put upon the fire, with Sugar; and when it is warme, then powre it upon the Scumme you tooke off before, and so drinke it. The other is to warme the water, and then, when you

have put it into a pot, or dish, as much *Chocolate* as you thinke fit, put in a little of the warme water, and then grinde it well with the molinet; and when it is well ground, put the rest of the warme water to it; and so drinke it with Sugar.

Besides these former wayes, there is one other way; which is, put the *Chocolate* into a pipkin, with a little water; and let it boyle well, till it be dissolved; and then put in sufficient water and Sugar, according to the quantity of the *Chocolate*; and then boyle it againe, untill there comes an oyly scumme upon it; and then drinke it. But if you put too much fire, it will runne over, and spoyle. But, in my opinion, this last way is not so wholsome, though it pleaseth the pallate better; because, when the Oily is divided from the earthy part, which remaines at the bottome, it causeth Melancholy; and the oily part loosens the stomacke, and takes away the appetite. There is another way to drink *Chocolate*, which is cold; and it takes its name from the principall Ingredient, and is called *Cacao*; which

they uſe at feaſts, to refreſh themſelves; and it is made after this manner. The *Chocolate* being diſſolved in water with the *Molinet*, take off the ſcumme or craſſy part, which riſeth in greater quantity, when the *Cacao* is older, and more putrified. The ſcumme is laid aſide by it ſelfe in a little diſh; and then put ſugar into that part, from whence you tooke the ſcumme; and powre it from on high into the ſcumme; and ſo drink it cold. And this drink is ſo cold, that it agreeth not with all mens ſtomacks; for by experience we find the hurt it doth, by cauſing paines in the ſtomacke, and eſpecially to Women. I could deliver the reaſon of it; but I avoid it, becauſe I will not be tedious, ſome uſe it, &c.

There is another way to drinke it cold, which is called *Cacao Penoli*; and it is done, by adding to the ſame *Chocolate* (having made the *Confection*, as is before ſet downe) ſo much *Maiz*, dryed, and well ground, and taken from the Huske, and then well mingled in the Morter, with the *Chocolate*, it falls all into flowre,

or

or dust: & so these things being mingled, as is said before, there riseth the Scum; and so you take and drink it, as before.

There is another way, which is a shorter and quicker way of making it, for men of businesse, who cannot stay long about it; and it is more wholsome; and it is that, which I use. That is, first to set some water to warm; and while it warms, you throw a Tablet, or some *Chocolate*, scraped, and mingled with sugar, into a little Cup; and when the water is hot, you powre the water to the *Chocolate*, and then dissolve it with the Molinet; and then, without taking off the scum, drink it as is before directed.

The fourth Part.

THere remaines to be handled in the last Point, of the Quantity, which is to be drunke: at what Time; and by what persons: because if it be drunk beyond measure, not onely of

Chocolate, but of all other drinkes, or meates, though of themselves they are good and wholsome, they may be hurtfull. And if any finde it Opilative, it comes by the too much use of it; as when one drinkes over much Wine, in stead of comforting, and warming himselfe, he breeds, and nourisheth cold diseases; because Nature cannot overcome it, nor turne so great a quantity into good nourishment. So he that drinkes much *Chocolate*, which hath fat parts, cannot make distribution of so great a quantity to all the parts; and that part which remaines in the slender veines of the Liver, must needs cause Opilations, and Obstructions.

To avoid this inconvenience; you must onely take five or six ounces, in the morning, if it be in winter; and if the party who takes it, be Cholerick, in stead of ordinary water, let him take the distilled water of Endive. The same reason serves in Summer, for those, who take it physically, having the Liver hot and obstructed. If his Liver be cold and obstructed, then to use the water of *Rubarb*.

And

And to conclude, you may take it till the Moneth of *May*, especially in temperate dayes. But I doe not approve, that in the Dogdayes it should be taken in *Spaine*, unlesse it be one, who by custome of taking it, receives no prejudice by it. And if he be of a hot Constitution, and that he have neede to take it in that season, let it, as is said before, be mingled with water of *Endive*; and once in foure dayes, and chiefely when he findes his stomacke in the morning to be weake and fainting. And though it be true, that, in the *Indies*, they use it all the yeare long, it being a very hot Countrey, and so it may seeme by the same reason it may be taken in *Spaine*: First, I say, that Custome may allow it: Secondly, that as there is an extraordinary proportion of heate, so there is also of moisture; which helpes, with the exorbitant heat, to open the pores; and so dissipates, and impoverisheth our substance, or naturall vigor: by reason whereof, not only in the morning, but at any time of the day, they use it without prejudice. And this

is moſt true, that the exceſſive heate of the Country, drawes out the naturall heate, and diſperſeth that of the ſtomack and of the inward parts: Inſomuch that though the weather be never ſo hot, yet the ſtomack being cold, it uſually doth good. I do not onely ſay this of the *Chocolate*, which, as I have proved, hath a moderate heate; But if you drinke pure wine, be the weather never ſo hot, it hurts not, but rather comforts the ſtomack; and if in hot weather you drinke water, the hurt it doth is apparant, in that it cooles the ſtomack too much; from whence comes a viciated Concoction, and a thouſand other inconveniences.

You muſt alſo obſerve, that it being granted, as I have ſaid, that there are earthy parts in the *Cacao*, which fall to the bottome of the Cup, when you make the drinke, divers are of the opinion, that, that which remaines, is the beſt and the more ſubſtantiall; and they hurt themſelves not a litle, by drinking of it. For beſides, that it is an earthy ſubſtance, thick, and ſtopping, it is of a malancho-

ly

ſy Nature; and therefore you muſt avoid the drinking of it, contenting your ſelfe with the beſt, which is the moſt ſubſtantiall.

Laſt of all, there reſts one difficulty to be reſolved, formerly poynted at; namely, what is the cauſe, why *Chocolate* makes moſt of them that drinke it, fat. For conſidering that all of the Ingredients, except the *Cacao*, do rather extenuate, than make fat, becauſe they are hot and dry in the third degree. For we have already ſaid, that the qualities which do predominate in *Cacao*, are cold, and dry; which are very unfit to adde any ſubſtance to the body. Nevertheleſſe, I ſay, that the many unctuous parts, which I have proved to be in the *Cacao*, are thoſe, which pinguifie, and make fat; and the hotter ingredients of this Compoſition, ſerve for a guide, or vehicall, to paſſe to the Liver, and the other parts, untill they come to the fleſhy parts; and there finding a like ſubſtance, which is hot and moyſt, as is the unctuous part, converting it ſelfe into the ſame ſubſtance, it doth aug-

augment and pinguifie. Much more might be ſaid from the grounds of Philoſophy, and Phyſique; but becauſe that is fitter for the Schooles, than for this diſcourſe; I leave it, and onely give this Caution, that in my Receipt, you may adde Mellon ſeeds, and ſeeds of Pompions of *Valencia*, dryed, and beaten into powder, where there is any heat of the Liver or Kidnyes. And if there be any obſtructions of the Liver, or Spleene, with any cold diſtemper, you may mixe the powder of *Ceterach*; to which you may adde Amber, or Muske, to pleaſe the ſcent.

And it will be no ſmall matter, to have pleaſed all, with this Diſcourſe.

BRITISH MUSEUM

FINIS.

How to make use of the *Chocolate*, to be taken as a drinke, exceeding cordiall for the comfort of the healthfull, and also for those in weakneſſe and Conſumptions, to be diſſolved in Milke or Water.

IF you pleaſe to take it in milke, to a quart, three ounces of Chocolate *will be ſufficient: Scrape your* Chocolate *very fine, put it into your milke when it boiles, work it very well with the* Spaniſh *Inſtrument called* Molenillo *between your hands: which Inſtrument muſt be of wood, with a round knob made very round, and cut ragged, that as you turne it in your hands, the milke may froth and diſſolve the* Chocolate *the better: then ſet the milke on the fire againe, untill it be ready to boyle: having the yelke of two eggs well beaten with ſome of the hot milke; then put your*

eggs into the milke, and Chocolate and Sugar, as much as you like for your taſte, and worke all togeather with the Molenillo, and thus drinke a good draught: or if you pleaſe you may ſlice a little Manchet into a diſh, and ſo eate it for a breakfaſt: you may if you pleaſe make your Chocolate with Water and Sugar, working it after the ſame order with your Molenillo, which for ſome weake ſtomacks may chance to be better liked. And many there be that beat Almonds, and ſtrayne them into the water it is boyled, and wrought with the Chocolate and Sugar: others like to put the yelkes of eggs as before in the milke, and ever ſweeten it with Sugar to your taſte: If you drinke a good draught of this in a morning, you may travell all the day without any other thing, this is ſo Subſtantiall and Cordiall.

BRITISH MUSEUM

The manner of making Chocolate.

SEt a Pot of Conduit Water over the fire untill it boiles, then to every person that is to drink, put an ounce of *Chocolate*, with as much Sugar into another Pot; wherein you must poure a pint of the said boiling Water, and therein mingle the *Chocolate* and the Sugar, with the instrument called *El Molinillo*, untill it be throughly incorporated: which done, poure in as many halfe pints of the said Water as there be ounces of *Chocolate*, and if you please, you may put in one or two yelks of fresh Eggs, which must be beaten untill they froth very much; the hotter it is drunke, the better it is, being cold it may doe harme. You may likewise put in a slice of white bred or Bisquet, and eate that with the *Chocolate*. The newer and fresher made it is, the more benefit you shall finde by it; that which comes from forreigne parts, and is stale, is not so good as that which is made here.

FINIS.